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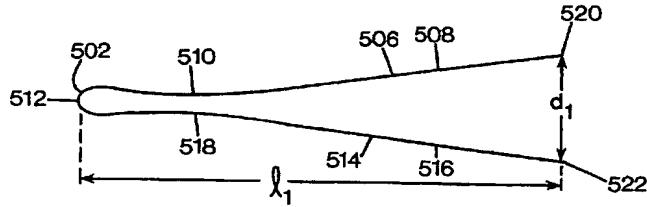
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(54) Title: SHOE SYSTEM WITH A RESILIENT SHOE INSERT

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(57) Abstract: The method is for using a shoe system having a resilient shoe insert. A shoe (300) has a shoe insert (500) disposed inside the shoe. The insert has an upper leg (506) and a lower leg (514) connected by a front end (502) with a curvature (512). The legs (506, 514) have a concave segments (510, 518) and end points (520, 522), respectively. A load is put on the insert to compress the end points towards one another. This shortens the effective length of the legs (506, 514) because the legs are in contact at a contact segment (524). This makes the insert stiffer the more it is compressed. The effective length of the legs is shorter at the outside (532) compared to the inside (530) so that the outside is stiffer than the inside.